

**TITLE**

The eating habits in connection with potential health problems of women aged 40 and 60 years in the Karlovy Vary region

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**ABSTRACT**

This bachelor thesis deals with the eating habits of women aged 40 and 60 years in the Karlovy Vary region. These eating habits are put in relation to the subject group's current feelings about existing health problems.

The theoretical part aims to describe the basics of health food in relation both to the women in the chosen age groups and to the most frequent health problems. Additionally, preventive measures of health problems are stated in terms of health food, eating habits and movement activities.

In the practical part, a questionnaire survey and its results are presented. The questionnaire was designed in order to chart the eating habits and health problems of randomly chosen women aged 40 to 60 years. Subsequently, the analytical part aims to provide the possible relation between eating habits and health problems within the respondents. As a follow-up to the results of the questionnaire analysis, suggestions leading to improved health awareness are made. It is suggested that improved health awareness may prevent, reduce or completely remove certain health problems.

**KEYWORDS**

Nutrition, the eating habits, women in the age group 40 and 60 years, health, health problems